

Full Report (All Nutrients) 09409, Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid

Report Date:October 11, 2015 23:47 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices**Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.3g
Proximates						
Water ^{1 3}	g	86.37	20	0.691	215.92	27.03
Energy	kcal	53	--	--	132	17
Energy	kJ	220	--	--	550	69
Protein ^{1 3}	g	0.36	79	0.030	0.90	0.11
Total lipid (fat) ^{1 3}	g	0.12	58	0.029	0.30	0.04
Ash ¹	g	0.28	20	0.020	0.70	0.09
Carbohydrate, by difference	g	12.87	--	--	32.18	4.03
Fiber, total dietary ¹	g	0.2	1	--	0.5	0.1
Sugars, total ¹	g	9.98	1	--	24.95	3.12
Sucrose ¹	g	1.53	1	--	3.82	0.48
Glucose (dextrose) ¹	g	4.65	1	--	11.62	1.46
Fructose ¹	g	3.81	1	--	9.52	1.19
Lactose ¹	g	0.00	1	--	0.00	0.00
Maltose ¹	g	0.00	1	--	0.00	0.00
Galactose ¹	g	0.00	1	--	0.00	0.00
Minerals						
Calcium, Ca ^{1 3}	mg	13	86	2.988	32	4
Iron, Fe ^{1 3}	mg	0.31	77	0.052	0.78	0.10
Magnesium, Mg ¹	mg	12	29	1.427	30	4
Phosphorus, P ¹	mg	8	27	0.372	20	3
Potassium, K ^{1 3}	mg	130	64	3.500	325	41
Sodium, Na ^{1 3}	mg	2	75	1.294	5	1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.3g
Fatty acids, total saturated	g	0.008	--	--	0.020	0.003
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.005	--	--	0.012	0.002
18:0	g	0.003	--	--	0.008	0.001
Fatty acids, total monounsaturated	g	0.014	--	--	0.035	0.004
16:1 undifferentiated	g	0.002	--	--	0.005	0.001
18:1 undifferentiated	g	0.012	--	--	0.030	0.004
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.042	--	--	0.105	0.013
18:2 undifferentiated	g	0.024	--	--	0.060	0.008
18:3 undifferentiated	g	0.018	--	--	0.045	0.006
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7c, 2002 Beltsville MD

²Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

³Castle and Cooke (Dole) Select nutrients in pineapple fruit and juice, 1979

⁴Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa

⁵Stephen Adair, Dennis Leverett, Carol Shields Fluoride Content of School Lunches from Optimally Fluoridated and a Fluoride-Deficient Community, 1991 Journal of Food Composition and Analysis 4 pp.216-226

⁶J.D.B. Featherstone, Carol Shields A Study of Fluoride Intake in New York State Residents, New York State Fluoride Analysis Contract - report date 12/1/1988

Langual Code(s)

- A0127 FRUIT JUICE (US CFR)

- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1484 PINEAPPLE
- C0300 JUICE
- E0114 LIQUID, LOW VISCOSITY, WITH SMALL PARTICLES
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0194 NUTRIENT OR DIETARY SUBSTANCE ADDED
- H0215 VITAMIN C ADDED
- J0123 STERILIZED BY HEAT
- K0003 NO PACKING MEDIUM USED
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0105 UNSWEETENED CLAIM OR USE